

Health & MIGHT With Prekese GhanaMedia- Food and Drinks to Boost TESTOSTERONE??

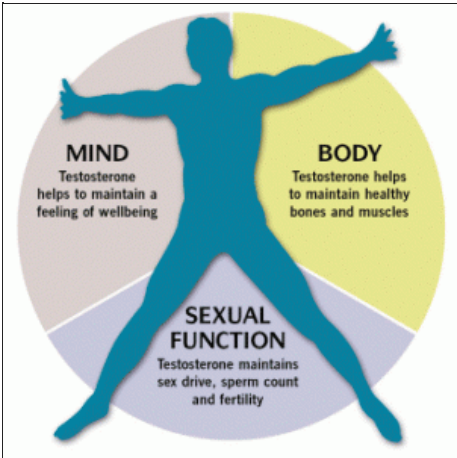
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Dear Friends and Fans,



Thank God is Friday. We hope you all had a good night with sweet dreams. Since it's a weekend , we want to share with you an important health information that we know we all need to know something about. Please, we want to make our experience online especially on Facebook very interesting so we want to encourage all of you to share with your friends any useful info we share with you. Today our HEALTH FOCUS is on TESTOSTERONE. Do you know that women in love in the first few months have high testosterone? An Italian study suggests that. Testosterone is more than a male hormone. When most people hear the word testosterone, they think of aggressive behavior. There is a link between the two—at least in competitive situations, such as with a peer or for a sexual partner. However, there appears to be a subtler interplay between testosterone and behavior in other types of situations—in both men and women.

Testosterone is a hormone present in both men and women. In a woman, testosterone is a precursor for estrogen and made by the ovaries. These hormones work together to support reproductive functions and sexual health. In a man, testosterone is made by the testes. Men do have a greater amount of testosterone in their bodies; however this hormone is important in both sexes. Testosterone

levels decrease with age.With such information about Testosterone is, it is very important for us to know what food and drinks can help boost it.

Green Leafy Vegetables

Certain green leafy vegetables contain indole 3 carbinol (I3C) compounds which interact with estrogen in the body and lead to an increase in the production of testosterone in men, as reported by Dr. Jon Michnovicz of Rockefeller University Hospital. Also called cruciferous vegetables, these dark-green leafy vegetables include broccoli, Brussels sprouts, cabbage and kale. Do not boil these items when cooking, as important compounds and nutrients are lost in the process, advises the Linus Pauling Institute. Instead, steam them for no more than nine minutes.

Zinc-Enriched Foods

A diet low in zinc correlates with low serum testosterone levels, according to a study published in the May 1996 issue of "Nutrition" and posted on PubMed. Moreover, MayoClinic.com notes that a deficiency of zinc in men can lead to erectile dysfunction. The recommended daily allowance for zinc in men and women is 15 mg. Oysters have the highest amount of zinc at 76.3 mg for six medium cooked oysters. Three ounces of beef, cooked, has 6.0 mg. However, do not exceed the RDA for long periods, warns MayoClinic.com, as this can harm the immune system.Fruit Drinks and Smoothies

Fruit and vegetable beverage varieties can be made to incorporate nutrients to help increase testosterone levels. Vitamin A, found in, for example, apples, pineapples, citrus fruits and tomatoes, has been associated with increasing testosterone. Wheat germ added to juices provides a great source of zinc (17 mg per serving) as well. A tropical fruit smoothie made with milk will have the benefits of both vitamin A and zinc. An 8-ounce serving of milk contains 1.8 mg of zinc.

FOR FURTHER READING : <http://www.livestrong.com/article/329465-foods-drinks-to-increase-testosterone/#ixzz1nvecUvY9>

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